

**SPRING IS ON THE HORIZON.
IS YOUR SKIN READY?**



AM I ALLERGIC TO FISHING?

FEATURE ARTICLE

HAVE YOU EVER FOUND YOURSELF DEVELOPING A RASH ON SUN EXPOSED AREAS OF YOUR BODY FOLLOWING A DAY ON THE WATER?

A skin rash that is caused or worsened by the sun is called photodermatitis. There are a variety of photodermatidites such as photoallergic, phototoxic, photodrug (caused by medications or supplements), photocontact (something touching the skin and then reacting to the sun), and phytophoto (caused by plants). Photodermatitis can present as itching, redness, scaly bumps, blisters, skin darkening limited to sun exposed areas such as the neck, face, scalp, forearms/hands, and lower legs. Often times these patients will go months not realizing the connection between their sun exposure and the rash.



Some of the more common causes we see in our clinic here at Skin Wellness Physicians is photodrug eruptions. Common medications such as certain blood pressure medications, antibiotics, Benadryl, chemotherapy, diabetic medications, nonsteroidal anti-inflammatories such as Aleve, some anti-depressants, and others can cause these eruptions.

Plants or food can cause phytophotodermatitis more commonly when touched followed by sun exposure. The most famous condition is "Margarita Dermatitis" or "Lime Disease". This should not be confused with the more well-known tick-borne Lyme Disease which is more serious. Common causes of phytophotodermatitis are parsnip, parsley, celery, types of hogweed, carrot, lemon, lime, bergamot orange, and figs.

Anyone suffering from a photodermatitis should visit their local dermatologist for treatment and to rule out more serious illnesses such as lupus. The next time you are enjoying a long day fishing here in beautiful South-West Florida remember to put on your sunscreen!

LEARN MORE

EVENTS

CUSTOM D.O.S.E

APRIL 3, 2019
FROM 3-6PM

SkinCeuticals Custom D.O.S.E. event offers patients a customized blend of ingredients into one convenient bottle. Your treatment planner will perform a diagnostic to determine which formula is best suited for your unique skin needs to create a personalized corrective serum just for you!

For more information please contact us at info@skinwellfl.com or call (239) 732-0044

PRODUCT OF THE MONTH

SPECIALS

FULLY PHYTO – BOTANICAL SOLUTIONS FOR PROBLEM SKIN

Purchase any of your favorite SkinCeuticals Phyto Products and receive 15% off that product!

(Products include: Phyto Corrective Gel, Phyto Masque, and Phyto+.)



SERVICE OF THE MONTH

EXFOLIATE WITH DERMAPLANING

Smooth skin, stimulate collagen, and minimize pores with Dermaplaning. Book your Dermaplaning treatment in the month of March and receive 15% off treatment price!



For all SPECIALS, email us at rsvp@skinwellfl.com or call (239) 732-0044.

SPOTLIGHT

DISCOVER CHRISTINA TREMBLAY, PA-C

I'm Christina, Physician Assistant at Skin Wellness Physicians. Growing up, I suffered from several skin conditions that a PA helped me overcome. She inspired me to become a PA in dermatology, so I can help people look and feel better about their skin too!



SYDNEY'S SPRING BREAK SURVIVAL KIT

INSIDER INFO

March marks the peak of spring break season. What does your family have planned? Whether the grandkids are coming, you're staying local, or you're packing everyone up for a ski vacation or beach getaway, we've compiled a list of sun essentials the whole family will need:



Sunscreen: While it goes without saying that we need to apply sunscreen on beach days, we often overlook appropriate sun protection during cooler weather. If your family is headed on a ski trip, don't forget the snow reflects significant UV radiation. We recommend packing a broad-spectrum sunscreen with a minimum SPF 30.

Sunglasses: It is critical you protect your eyes from the sun, no matter what the activity. Sunglasses should be worn by all family members- big and small. Goggles with UV protection are also readily available if you have planned a snow vacation.

Lip balm with SPF: We often overlook the lips when it comes to sun protection, but they are especially vulnerable to damaging UV rays. Great for any and all outdoor activities, opt for a lip balm with SPF. Remember to keep it close by, as you will need to reapply frequently.

UPF rated clothing: It is no longer a fashion faux pas to wear sun protective clothing. Now readily available in all shapes and sizes, sun clothing and gear is ideal for all outdoor activities. We recommend UPF rating of 50 for optimal protection.

Moisturizer: After a long day at the beach or in the snow, your skin may be left feeling dry and itchy. A generous application of a moisturizer cream will help repair and soothe dry skin. As a general tip, we recommend creams rather than lotions. Creams have a richer consistency, helping restore the skin barrier. For chapped lips, plain petroleum jelly is our favorite.

Get ready for Spring Break. For more skincare advice and sun safety tips contact our office today!

CONTACT US

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